

## DEMENTIA SUPPORT in STOCKPORT

### Peer support & education groups in Stockport

#### ***Drop In Cafés in Stockport for anybody affected by dementia***

Every Monday at The Restaurant, **Debenhams**, 108 Princes Street Stockport SK1 1TS, 14:00-15:00  
Every Tuesday at Bramhall United Reformed Church, Robins Lane, **Bramhall** SK7 2PE, 12:30-14:30  
First Wednesday monthly drop-in **Offerton** Community Centre, Mallowdale Road, SK2 5NX, 10:30-12:30  
Every other Wednesday at Grosvenor House, 43 Ravenoak Road **Cheadle Hulme** SK8 7EQ, 10.30-12.30  
Every other Thursday, Memory Café, Trinity Church, Massie Street, **Cheadle** SK81DU, 11:00-13:00  
Every Thursday drop-in at **Romiley** Life Care 1 -5 Stockport Road Romiley SK6 4BN, 15:00-16:00  
Every Friday drop-in Marple Cricket Club, Bowden Lane, **Marple**, SK6 6LJ, 11:30-13:30  
Every Friday drop in **Heaton Moor** United Church, Stanley Road, SK4 4HL, 13:30-15:30

#### ***Luncheon Club***

An informal supportive environment for people with dementia and their carers which meets every Tuesday at United Reform Church **Bramhall** 12:30 – 14:30pm.

#### ***Singing for the Brain***

Friendly get together to sing along – no singing ability required. Alternate Thursday 11:00-12:30, **Hazel Grove** Civic Hall, London Road, SK7 4DF.

#### ***VASCULAR education group – 0161 716 4565***

##### **Venue – The Meadows Owens Farm Drive Offerton SK2 5EQ**

One off informal educational session for patients with Vascular Dementia run by the memory service.  
Contact Pat Seville 0161 716 4565 to book a place or for more information.

#### ***VASCULAR dementia indoor activity group – gentle exercise and friendship***

This is an activity group for people with dementia and their carers which meets every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday at Hazel Grove Civic Hall, London Road, **Hazel Grove**, SK7 4DF, 13:30-15:00

#### ***LEWY BODY education session– 0161 716 4565***

##### **Venue – The Meadows Owens Farm Drive Offerton SK2 5EQ**

Informal education sessions for people diagnosed with lewy body and their carers run by the memory service. Contact Pat Seville 0161 716 4565 to book a place or for more information.

#### ***Dementia CARERS information course***

**0161 716 4531 (Held at the Heaton's Carers Centre) ask for Mark/Jean**

**Email: [stockportdementiacaretraining@nhs.net](mailto:stockportdementiacaretraining@nhs.net)**

4 x 2 hour weekly sessions for (informal) carers with presentations, opportunity for questions and discussion held either daytime (14:00-16:00) or evenings (19:00-21:00).

### Services:

#### **ALZHEIMER'S SOCIETY (Stockport) - 477 6999. National Helpline:- 0300 222 1122**

Part Suite A Ground Floor, Lansdowne House, 85 Buxton Road, SK2 6LR

**Email: [stockport@alzheimers.org.uk](mailto:stockport@alzheimers.org.uk) / [www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

Provides information, advice and one to one support.

#### **SIGNPOST STOCKPORT FOR CARERS - 0161 442 0442 – Ask for Pat Wood**

**[www.signpostforcarers.org.uk](http://www.signpostforcarers.org.uk)**

Information and support helpline for carers and assistance with completing Attendance Allowance and other benefits forms and Carers Emergency alert cards.

## **AGE UK**

0161 480 1211

[www.ageuk.org.uk/stockport](http://www.ageuk.org.uk/stockport)

Provides information to enable carers to get practical and emotional support to continue to take care of themselves and support the person they care for. These services include:- Wayfinder, home carers for a few hours each week, home visits whilst carer taking a break, action plans in the event of the carer being unable to support the person they care for a short period, handy man service, shopping assistance, day care services ([http://www.stepoutstockport.org/step\\_out](http://www.stepoutstockport.org/step_out)) and befriending services, tea in the pub!

## **ATTENDANCE ALLOWANCE UNIT (Disability Living Allowance/Attendance Allowance)**

0345 605 6055 / [www.direct.gov.uk](http://www.direct.gov.uk)

Tax free benefit for people with an illness or disability who need someone to 'keep an eye on them' or need help with personal care. You must have needed help for 6 months or over. (For assistance with completing forms please see Welfare Rights or Signpost).

## **COUNCIL TAX BENEFIT (On SMI grounds)**

0161 217 6014 / [www.stockport.gov.uk](http://www.stockport.gov.uk)

*If you are in receipt of Attendance Allowance or Disability Living Allowance due to a diagnosed dementia (i.e. Alzheimer's, Vascular Dementia or Lewy Body) you may be eligible for council tax benefit on SMI grounds. Please ring your council tax office and request an SMI form.*

## **DRIVING**

0300 790 6806 / [www.direct.gov.uk/drivershelp](http://www.direct.gov.uk/drivershelp)

Any person who holds a current licence or wishes to re-apply for a new licence must, by law, inform the Driver and Vehicle Licensing Authority (DVLA) if they are given a diagnosis of Dementia (i.e. Alzheimers, Vascular, Lewy Body etc). Notification of the diagnosis should be sent with the person's driver number, full name, address and date of birth to:-Drivers Medical Section, DVLA, Swansea, SA99 1TU or obtain a form from DVLA either by phone or from their website.

Failure to inform the DVLA of a diagnosis is a criminal offence punishable by a fine of up to £1,000.00. If a person does not wish to carry on driving they should return their licence to the DVLA. (There is an advice sheet available on driving and dementia if you would like a copy). It is also advisable to inform your insurance.

## **FIRE RISK ASSESSMENT TEAM - 0800 555 815**

Greater Manchester Fire and Rescue Service

Offer free home checks, free fitted smoke alarms and advice on fire safety to make your home safe.

## **SOCIAL SERVICES CONTACT CENTRE**

0161 217 6029 (8:00am – 6:00pm)

0161 718 2118 (6:00pm – 8:00am)

[www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk) – for an overview of all services available

Can arrange a wide range of services to meet your needs to enable you to continue to live at home. These may include home support services, equipment, day services, breaks for carers, community meals and support to find short term or long term residential care if it is not possible to provide support at home.

## **WELFARE RIGHTS (Benefits) - 0161 474 3093**

Fred Perry House, Edward Street, Stockport SK1 3XE

[www.stockport.gov.uk](http://www.stockport.gov.uk)

Help and information regarding benefits, allowance claims and assistance with completing Attendance Allowance and Disability Living Allowance forms.

## **NHS Choices / NHS 111**

[www.nhs.uk/nhsdirect](http://www.nhs.uk/nhsdirect) - Health advice 24 hours per day, 365 days per year.